



NEWS

For Immediate Release

NEW YORK, February 5th, 2009 – Just in time for Valentine’s Day and now available at major bookstores and online, *The Great Life Makeover: A Couple’s Guide to Weight, Mood, and Sex*, published by Harper-Collins and authored by Drs. Daniel Monti and Anthony Bazaan, addresses the three, big, hot-button issues of midlife – mood, weight and sexual function.

A comprehensive guide to improving health and invigorating relationships, the book enlightens readers with little-known facts such as a) Most men don’t know that the excess tire around their middles, aside from being unattractive, can actually change sex hormone production and have a feminizing effect on middle aged men; b) Many women may not know that their stress level and how they cope with it can have a direct impact on menopausal symptoms; and, c) Many people are unaware of the huge positive and negative effects certain foods, medications, and dietary supplements can have on sexual health.

“Women and men in their middle decades of life are bombarded with responsibilities that need to be juggled- professional commitments, getting kids off to college, taking care of aging parents, community responsibilities, navigating the economic crisis, and so on- all of which can send stress levels through the roof, creating unwanted weight gain, hormone imbalances, a bad mood and a bad sex life,” says Daniel Monti, M.D., co-author of *The Great Life Makeover* and medical director of the Myrna Brind Center of Integrative Medicine at Thomas Jefferson University Hospital, Philadelphia, PA. “When couples work together to shift their focus from what is stressing them out to the concrete steps outlined in this book for improving mood, weight and sexual health, it helps them feel control over an important part of their lives while building intimacy and a sense that neither is going it alone.”

Additional topics discussed in the book include:

Diet, Food, and Fat

What is the relationship between food and hormones?

How does body fat affect sexual health?

What type of diet works?

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Hormones and sexual health

Why do some women lose their libido and how can they get it back?

Why does sex become painful for some women?

When should women consider Hormone Replacement Therapy (HRT) for menopausal symptoms?

Are some forms of HRT safer than others?

What is Andropause (MALE menopause), and what can be done about it?

Is erectile dysfunction related to andropause, and are there natural approaches to treating it?

Stress, Sleep, and Mood

How does *stress* affect sleep, sexual function, weight, and mood?

What are the best antidotes to stress?

Are there natural ways of improving sleep quality?

How does exercise affect stress, sleep, and sexual function?

To purchase the book, please visit www.harpercollins.com. For more information, please visit www.greatlifemakeover.com.

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NOTE: Co-author Dr. Daniel Monti (formerly featured in the hit documentary movie "What the Bleep do We Know") is available for interview. For scheduling, please contact Rick Cushman, public relations specialist at Thomas Jefferson University Hospital, (215) 955-2240/ richard.cushman@jefferson.edu.